

NAVAL BASE CORONADO



SAF-T-LINES

JANUARY 2006



WINTER SAFETY



The winter season is upon us and with it comes the beauty of freshly fallen snow, icicles glistening in the sun and outdoor scenes. As pleasant as these thoughts are, reality forces us to deal with the not so pleasant aspects of winter. Many of us been stranded in a snowdrift or stuck at home with no heat during an ice storm. With its cold and stormy weather, winter presents many safety challenges both indoors and outdoors. Being prepared and following these simple safety tips can help you stay safe and healthy this season.

WINTER FIRE SAFETY AT HOME

Winter weather increases the risk of house fires. Consider all the things we do at home to keep warm and comfortable. Most of these activities use fire or electricity to produce heat. Fireplaces, heating stoves, space heaters, wood burners, heat lamps, electric blankets and even candles are used to increase the temperature. All of these items increase the chances of an unexpected house fire, if not used properly. In addition, the holidays include extra lighting and combustible materials from tree trimmings to wrapping paper.

Some tips for winter fire safety:

- Use fuel heaters and electric heating appliances according to manufacturer's safety recommendations. Read and follow the operating instructions and safety labels.
- Make sure chimneys, exhaust flues and heating equipment are clear of obstructions and working properly. Have a qualified technician inspect them.

- Heat lamps and candles should only be used under supervised conditions and not around combustibles.
- Don't leave children unattended around open flames and electrical devices capable of producing fires.
- Keep matches and starters away from children; preferably locked in a cabinet.
- Make sure smoke detectors are working.
- If you use flame-producing sources in the home, have a carbon monoxide detector installed in the house.
- Have an emergency evacuation plan in place and practice it with all members of household.
- Keep a fire extinguisher handy and know how to use it.

Fire can be a killer that will sneak up on the unprepared family with devastating effect. Don't be a victim. Know how to protect yourself and your family.

CARBON MONOXIDE (CO) POISONING

Each year, more than 200 Americans die from carbon monoxide poisoning. (CO is produced by fuel-burning motor vehicles, appliances, and heating systems.) In addition, several thousand individuals are treated in emergency departments for CO poisoning. The risk of CO poisoning increases during the winter, as more people run furnaces and space heaters and use fireplaces. Deaths from CO poisoning also occur when people sit in an idling vehicle with the doors and windows closed. One Centers for Disease Control study found that motor-vehicle-related CO poisoning exposures increase during winter months and that death rates from CO poisoning in stationary motor vehicles are highest in states with colder average winter temperatures. During just two days in January 1996, 22 people in New York City died from CO poisoning because their exhaust pipes were packed with snow, and CO backed up into the vehicle.

SAFETY ON THE ROAD

Winter driving can become extremely hazardous when storms produce snow and icy conditions. Extreme caution on the road will help reduce the risks. However, if you do get into trouble, there are things that you can do to avoid being stranded without help. Here are some tips on being prepared:

- Know before you go, especially if you are starting out on an isolated road or long trip. Listen to weather reports and long-range forecasts.
- Make sure your car is in good mechanical condition.
- Keep the fuel tank full to avoid being stuck and out of gas.
- Make a list of necessary equipment and supplies for winter emergencies and carry these items in your car.
- Know what to do if you become stranded.

For more information on winter preparedness, check out this website from National Safety Council: <http://www.nsc.org/library/facts/winter.htm>



BE HEART SMART IN THE WINTER

Winter can be a joyous season for people of all ages. Those who embrace it know what makes it so wonderful. The beauty of a glistening snowfall, the thrill of sports like skiing and skating, the reward of a frothy hot chocolate after a day of winter fun. But for all its glories, winter can also bring a certain element to our hearts, and it's important to appreciate both the benefits and risks of this chilly season.

Give winter a whole hearted welcome

When the cold winter snap hits, our motivation to stay physically active invariably plummets, especially when it comes to outdoor activity. By decreasing our physical activity, we're essentially 'hibernating' our hearts, which is not good for them. Hearts need regular exercise and winter weather affords us many fun options for physical activity.

COLD INJURIES

Exposure to the cold can be hazardous, or even life threatening. Your body extremities, such as the ears, nose, fingers and toes, lose heat the fastest. In extreme conditions or after prolonged exposure to cold, the body core can also lose heat, resulting in hypothermia.

Frostbite

- Both the skin and the underlying tissue (fat, muscle, bone) are frozen.
- Skin appears white and waxy, and is hard to touch.
- No sensation – the area is numb.



What to do:

- Frostbite can be serious, and can result in amputation. Get medical help.
- Do not rub or massage the area.
- Do not warm the area until you can ensure it will stay warm.
- Warm the area gradually – use body heat, or warm water (40 to 42 degrees Centigrade), avoid direct heat that can burn the skin.

Hypothermia

- Feeling cold over a prolonged period of time can cause a drop in body temperature (below the normal 37 degrees Centigrade).
- Shivering, confusion and loss of muscular control can occur.
- Can progress to a life-threatening condition where shivering stops, the person loses consciousness, and cardiac arrest may occur.

What to do:

- Get medical attention.
- Lay the person down and avoid rough handling, particularly if the person is unconscious.
- Get the person indoors.
- Gently remove wet clothing.
- Warm the person gradually, using any available source of heat.

Ways to avoid frostbite and hypothermia:

- Eat a well balanced diet and drink plenty of warm, non-alcoholic beverages.
- Wear several layers of clothing that includes water and wind resistant outerwear.
- Keep clothing dry to maintain effective heat retention.
- Watch for signs of frostbite and hypothermia and seek first aid or medical attention if necessary.

COLDS: Ways to Stop Spreading Them

- Wash your hands a lot.
- Don't share cups.
- Use tissues when you blow your nose, then throw them away.
- Keep your hands away from your eyes, nose and mouth.
- Use disposable paper towels in the kitchen, not cloth ones.
- Wash your children's toys once a week.
- Cover your mouth with a tissue or your hands when you sneeze.
- Open your windows when the weather is decent. Consider buying a humidifier.
- Frequently clean doorknobs light switches, telephones and counter tops.
- Don't let anyone smoke in your house.

Have a safe and fun winter season. Just by using good common sense practices and following safe operating instructions we can reduce our risks of injury and illness when dealing with the cold weather of winter.

NAVOSH TRAINING

CPR CERTIFICATION CLASS

Date: 10 JAN, 7 FEB and 7 MAR 2006

Where: Bldg 678, Classroom 222

Time: 0800 – 1200

Please call Mr. Tom Hirzel at (619) 767-7546 or “E” mail Thomas.hirzel@navy.mil for questions regarding the course. To reserve a seat, fax quota request at 545-1053.

RESPIRATOR TRAINING CLASS

Date: 11 JAN, 8 FEB and 8 MAR 2006

Where: Bldg. 678, Classroom 222

Time: Respiratory Program Assistant - 0800-1200

Respiratory Protection Program (Users) - 1300-1430

Please call Mr. Tom Hirzel at (619) 767-7546 or “E” mail

Thomas.hirzel@navy.mil for questions regarding the course.

To reserve a seat, fax quota request at 545-1053.

NAVOSH INSPECTION (ANNUAL) SCHEDULE

COMMAND

DATE

FEDERAL FIRE

5 JAN

ACOS for FACILITIES (SELF –HELP)

11 JAN

PORT OPERATIONS

31 JAN

ENVIRONMENTAL

2 FEB

OCCUPATIONAL SAFETY

2 FEB

RECYLING CENTER

2 FEB

MORALE WELFARE AND RECREATION (MWR)

9 FEB

COMHELSEACOMBATWINGPAC

28 FEB

FOR ASSISTANCE, COMMENTS OR QUESTIONS PLEASE FEEL FREE TO CONTACT OUR SAFETY OFFICE LOCATED IN BLDG 678, RM 227

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The Navy Occupational Safety and Health Department of Naval Base Coronado publish **SAF-T-LINES**. It is an unofficial publication for dissemination of safety information. The intended purpose is to raise the awareness of safety by keeping NBC personnel knowledgeable about safety and health topics.